

Cadet Programs Today

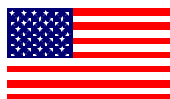
Bulletin for the Leaders of America's Finest Youth

Are
push-ups
"illegal?"
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September 02



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U.S. AIR FORCE



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Integrity ♦ Service ♦ Excellence

Required Staff Training video released

"How to Avoid the Hazing Trap," a video that accompanies CAPP 52-12, *Required Staff Training*, has been shipped to wings and regions.

The video is the preferred method of instruction for Part 1 of RST, however, activity directors may continue to use the lesson plan provided in CAPP 52-12 if a TV and VCR or computer is not available.

Along with copies of the VHS tape, wings and regions are receiving CD-ROMs that contain the RST Instructor Guide, Student Guide, PowerPoint Slides, and the "How to Avoid the Hazing Trap" video in Windows media format.

Activity directors will continue to use the lesson plan provided in CAPP 52-12 to lead RST Part 2, "Using ORM to Avoid the Hazing Trap." ♦

TSA awards scholarships

They benefited from CAP's Cadet Program, and now they're giving something back.

The Spaatz Association is awarding Aerospace Leadership Scholarships to three outstanding CAP cadets.

The \$2,500 scholarships will help the cadets, who have already soloed in an aircraft, attain their private pilot's license. A portion of the scholarship may also be used to attend a CAP leadership activity.

The 2002 Spaatz Association Aerospace Leadership Scholarship recipients are:

C/Lt Col Josh Hall Pennsylvania Wing
C/2d Lt Brandon Harmon South Carolina Wing
C/Lt Col Robert Lowery III Missouri Wing

The Spaatz Association is a non-profit organization of Spaatz Award recipients working to support today's generation of CAP cadets.

For more information about The Spaatz Association and the ALS scholarship, visit www.spaatz.org. ♦

NCAC begins new term

The National Cadet Advisory Council began its 2002-03 term during the National Board meeting on 15 August.

One of the first orders of business was to elect new NCAC officers for the new term. They are:

C/Lt Col Matt Vogt, North Central Region, Chairman
C/Lt Col Louis Gabriel, Pacific Region, Vice Chairman
C/Lt Col Kaycee Gilbert, Southwest Region, Recorder
Each region is represented on the NCAC. The primary representatives for each region are:

C/Maj Jeff Reese, Northeast Region
C/1st Lt Elizabeth Semple, Rocky Mountain Region
C/Lt Col Dan Upshaw, Southeast Region
C/Capt Charles Benson, Great Lakes Region
C/Lt Col Alex Lamkin, Middle East Region (Interim)

Col Amy Courter, former commander of Michigan Wing, will serve the NCAC as its senior member advisor.

The council will be advising national CAP leaders on matters affecting cadets. Stay informed of NCAC news by visiting www.cap.gov, and clicking "Cadet Programs" and "NCAC." ♦

Are Push-Ups Illegal?

By **Curt LaFond**, HQ CAP Cadet Programs

OUR PHONES RING. Email boxes are filled. The fax machine sometimes runs out of paper. Cadet Programs is a busy office and one of the most common questions we receive is, "Are push-ups illegal?"

This may astonish you, but the answer is, "No."

Push-ups build upper body strength. Like other forms of exercise, doing push-ups can improve your confidence and self-determination. Nothing is intrinsically wrong with the push-up. Everyone should try to do 10, 20, or even 100 several times each week.

Although beneficial as an exercise, the push-up is not a tool leaders may use to modify behavior. Leaders violate CAPR 52-10, *CAP Cadet Protection Policy*, if they assign push-ups as a remedial form of discipline. The regulation is explicit: "Examples of hazing include using exercise as punishment... [hazing is] considered a form of physical abuse and the reporting procedures for physical abuse must be followed" (CAPR 52-10, 1c). Cadets can not be assigned push-ups or other exercises because of poor performance, bad conduct, or an unsavory attitude. As Capt Shawn Stanford explains (see right), assigning push-ups will not solve your leadership problems.

Do push-ups and other exercises have a place in CAP? Yes. Fitness is one of the pillars of the Cadet Program. Cadets can be assigned push-ups for PT, but that training should be as carefully designed as the other events on the cadets' schedule. When leading PT, remember that our goal is to encourage cadets to develop a lifelong habit of regular exercise. Conduct PT in a positive environment where each cadet is encouraged to perform to his or her maximum ability, versus being berated for not keeping up with their peers.

While push-ups belong in most exercise regimens, leaders may not game the system. CAPR 52-10 is still being violated if a leader spontaneously decides to add extra PT because a flight scored poorly during inspection or a cadet is acting inappropriately on the drill field. Leaders are in error if they believe push-ups are okay if they do them alongside the cadet, or if the entire unit joins in, or if the cadet requests push-ups to work off a demerit. Likewise, "superman drills" – whereby cadets are roused from sleep for "scheduled PT" – are equally suspect.

Are push-ups illegal? No. CAP does not make law, so it can not state that any behavior is "illegal." However, if you use push-ups as a form of discipline, you are violating the cadet protection policy, which could jeopardize your membership in CAP.

By **Capt Shawn Stanford, CAP**, Pennsylvania Wing

Reprinted courtesy of Capt Stanford and CadetStuff.org.

AS AN NCO AND A LEADER, you may be a member of a unit or know of a unit that uses pushups or some other exercise as a discipline or leadership tool. There have been debates for years about the value of this leadership tool in the Cadet Program. In late 1998 and again in 2001, the National Cadet Programs office stated simply that pushups and other types of exercise were not available as leadership tools for cadets. This should have ended the debate, but hasn't.

As easy as they are, there are problems with pushups as

a leadership tool. They lead to a laziness on the part of leaders. It is far easier for an NCO to merely order a problem cadet to: "Drop and give me twenty" than it is to try to

understand what the trouble is and to help fix it. This also leads to a false sense of accomplishment: The leader is not actually getting anything done. He's stopping everything to make sure a cadet is doing the pushups he was assigned.

If a cadet learns that his punishment for almost anything is only a set of pushups, he'll learn contempt for his leaders and their leadership tools. A healthy cadet has no fear of twenty or thirty pushups! In this case using pushups is actually hurting the prestige of the leader. His leadership tools are ineffective and so is he.

Or, if a cadet who is punished with pushups just can't do them, his peers will learn contempt for him because he doesn't have their physical abilities - in spite of what other abilities he may have. Cadets will also learn that their leaders don't care about their self-respect or their standing with their peers. In either case, the leader has

lost prestige and the respect of his people.

If an NCO learns to depend on pushups as a leadership tool, he assumes they're fixing things without really addressing the problems his people have. He and his people will be very surprised when pushups stop working and his cadets are suddenly facing suspensions, demotions or dismissals. Pushups give a false sense of actually solving leadership problems; they don't. ♦

Are push-ups illegal?

No.

As a leadership tool they lead to laziness.

Team America Rocketry Challenge



Show CAP's colors in the first national model rocket competition for US high school and junior high students.

Five winning student teams will share **\$50,000** in prizes.

For details, visit www.rocketcontest.org.